

Do what
MOVES you.



It's what inspires you. It's what gets you going.
No limitations. Tons of choices.

Today. Every day.

It's trying new things.
It's going from one
activity to the next.

VERB. It's what you do. Do what moves you.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

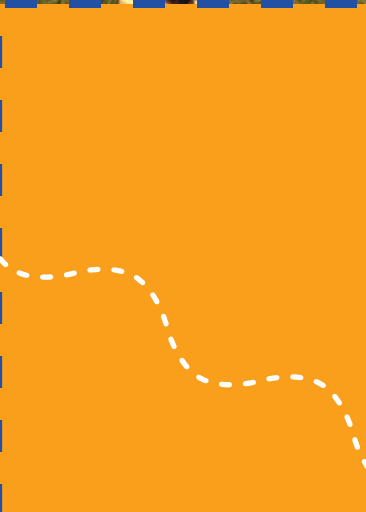


Taekwondo
class 4:30



Hiking
trip

Basketball
@ the park



Dance-a-
thon
@ school
7:30



Jogging
after
school



Softball
game —
students vs.
teachers
1:00



Soccer
Practice
3:30



unwind



Check out www.VERBnow.com for cool activity ideas.
Don't forget about **VERB Time** from 3:00 p.m. to 6:00 p.m.
every day — time to *do what moves you!*

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